

MASTERS OPEN LONG COURSE COMPETITION

(Held under Swim England Regulations and Technical Rules)

Saturday 17th & Sunday 18th January 2026

K2 Crawley, Pease Pottage Hill, Crawley, West Sussex, RH11 9BQ

Pool: 50m x 8 lanes with electronic timing

Welcome to the 19th Swim England South East Masters Long Course Competition. Please read this document carefully, it contains important information for those wishing to enter this event.

CLEAR POOLSIDE POLICY

Swimmers must use the seats in the gallery and should only be on the poolside when going to and from the pool for warming up and to the Marshalling area for their event. Swimmers, please **do not bring bags to the poolside**, just bring what you need for your swim.

We would welcome additional help for timekeeping, marshalling or for an administrative task, from partners or friends of competitors. Offers to [Geoff Stokes](#), please, Tel. 07850 446130.

SCHEDULE OF EVENTS

Saturday 17th January				Sunday 18th January			
Session 1 - Warm up – 8:30 a.m. - Start 9:20 a.m.				Session 3 - Warm up – 8:30 a.m. - Start 9:35 a.m.			
1	Mixed	800m	Freestyle	11	Mixed	400m	Freestyle
	Warm-up for 50m backstroke			12	Open/Male	100m	Butterfly
2	Female	50m	Backstroke	13	Female	100m	Butterfly
3	Open/Male	50m	Backstroke	14	Mixed	200m	Breaststroke
				15	Open/Male	50m	Freestyle
				16	Female	50m	Freestyle
	*Session 2 – Warm-up 12.45pm – Start 1.50pm						
4	Female	100m	Breaststroke				
5	Open/Male	100m	Breaststroke	*Session 4 – Warm up 1:00 p.m. – Start 2:05 p.m.			
6	Mixed	200m	Freestyle	17	Open/Male	50m	Breaststroke
7	Mixed	200m	Individual Medley	18	Female	50m	Breaststroke
8	Mixed	200m	Backstroke	19	Mixed	200m	Butterfly
9	Female	50m	Butterfly	20	Open/Male	100m	Backstroke
10	Open/Male	50m	Butterfly	21	Female	100m	Backstroke
				22	Open/Male	100m	Freestyle
				23	Female	100m	Freestyle
				24	Mixed	400m	Individual Medley
	Expected finish time 5:00pm				Expected finish time 5:00pm		

*Warm-up arrangements and the session start times will be confirmed once entries have closed.

MEET CONDITIONS

- PROMOTER**
The promoter is Geoff Stokes on behalf of the Swim England South East Masters Group, herein after called the "Promoter".
- GENDER POLICY**
There are 2 categories of entry, Female & Open/Male. The Female category is for birth sex females in accordance with [Swim England's Transgender and Non-Binary Competition Policy](#). By entering the Female category, you confirm that your birth sex is female.
- AGE GROUPS**
Age groups are 18 to 24 years old, and from 25 years old in 5-year age bands up to 90 years and over. Ages are as at [31st December 2026](#). All competitors must be 18 years or older on [17th January 2026](#).
- EVENTS AND QUALIFYING TIMES**
Events are: 50m, 100m, 200m backstroke, breaststroke, butterfly & freestyle, 200m & 400m individual medley and 400m & 800m freestyle.
Qualifying times (QTs) are used to ensure a minimum standard for the competition, and to enable it to run to time. By submitting an entry swimmers confirm that since [1st January 2024](#) they have achieved the qualifying times specified on page 4 of this document for all the events they have entered. The times can be long course times or short course times converted and must be included in the British Swimming Masters Rankings.

Entries close at 12 noon on Monday 5th January 2026

Para Competitors with a swimming classification that is held on the British Swimming Classification Database at the time of entry shall not be required to have achieved the qualifying times. Para competitors wishing to enter with times outside the QTs will need to contact masters.entries@southeastswimming.org before entering.

5 ENTRY PROCEDURE

All swimmers must be current

- Swim England "Club Compete" members, or
- Scottish Swimming "Athlete" members, or
- Swim Wales "Club – Competitive" members

at the time of entering.

Swimmers not registered with the above bodies may not enter.

You should check your membership record at:

- Swim England - <https://www.swimmingresults.org/membershipcheck>
- Scottish Swimming - <https://www.scottishswimming.com/membership/membership-check>
- Swim Wales - <https://www.swimwales.org/membership-checker>

IF YOUR MEMBERSHIP RECORD DOES NOT CONFIRM THAT YOU MEET THE ELIGIBILITY REQUIREMENTS ABOVE – **DO NOT SUBMIT AN ENTRY.**

We will be checking compliance with the above and any entries that do not comply will be rejected. Scottish Swimming and Swim Wales members should add a note to their entry indicating that they are members of those organisations to assist us in carrying out the checks.

Swimmers who have chosen to hide their membership data cannot be checked and so will be rejected. Such swimmers should email masters.entries@southeastswimming.org before entering to discuss alternative checking arrangements.

A competitor may only compete for one club in the competition. Temporary members will not be accepted.

Entries can be made on-line via this link,

[ENTER HERE](#)

Click the link below to see the List of Entries to date.

[ENTRY LIST](#)

6 ENTRY OPENING DATES

Entries from Swim England South East swimmers and those from Surrey London and Kent London can be made from [1st November 2025](#). Swimmers from all other areas can enter from [1st December 2025](#)

7 ENTRY FEES AND PAYMENT

A **non-refundable** fee of £3.00 to cover administration will be added to the total cost of each individual entry.

Fees are as follows

50m £8.00 each

100m £8.50 each

200m events - £10.00 each

400m events - £13.50 each

800m event - £16.00

Entry fees will not be refunded for withdrawals whatever the reason after the event has closed to entries (including closing early – see Condition 8 below). All payments will be collected on-line with Stripe via a credit or debit card. Entry fees must be paid at the time of entry.

8 CLOSING DATE FOR ENTRIES

Entries close at 12 noon on [Monday 5th January 2026](#) or earlier if events are fully subscribed.

9 REGISTRATION, RE-ENTRY AND WITHDRAWAL

All swimmers must register for the events they intend to swim on the sheets provided at the pool [45 minutes](#) before the start of each session (but see below for the 50 Backstroke). If you do not register, you will not be able to swim. If you need to withdraw from the competition, please do so by email to masters.entries@southeastswimming.org before the closing date for entries. Registration for the 50m Backstroke will close at around 11:00 am so that swimmers not competing in the 800m do not need to arrive excessively early. The precise closing time will be determined once entries have closed and will be included in the Information for Competitors document.

10 LIST OF ENTRANTS BY EVENT

This will be posted [here](#) during the week before the meet. Please do not chase the organisers for this, it will be posted when it is ready.

11 HEAT SHEETS

Heat sheets will be posted at the pool before the start of each session and be available on-line. There will not be a programme available on the day, swimmers are advised to bring a copy of the events Schedule with them to the meet.

12 RESULTS

Results will be decided on heat times; there will be no finals. They will be available on-line and updated after each event has been completed.

Entries close at 12 noon on Monday 5th January 2026

13 EVENTS AND SEEDING

In the mixed events Open/Male and Female swimmers will swim together in the same heats. Events will be seeded in order of entry time, irrespective of age, from slowest to fastest. The fastest heat in each event will be spearheaded. Swimmers must submit an entry time in order to complete the on-line entry process.

14 AWARDS

Medals will be awarded to individuals placed 1st, 2nd, and 3rd in each age group. Points will be awarded as follows: 1st place 3 points, 2nd place 2 points, 3rd place 1 point. Clubs will be ranked according to their accumulated points.

15 PHOTOGRAPHY

By submitting an entry, entrants are accepting that their photograph and video images may be taken and used to promote the sport by Swim England South East Region, and/or made available for download and purchase. Races may be live streamed. All photography will conform to the "Swim England Photography and Photographing Swimmers Policy".

16 LIMIT OF LIABILITY

In the event of the meet being cancelled for whatever reason event entry fees will be refunded. The promoter accepts no responsibility for any consequential costs.

17 OTHER

Any matters not provided for in these conditions shall be decided by the Promoter.

PLEASE READ THE FOLLOWING NOTES CAREFULLY

- 1) If you break a record, please complete the application form available from the medal table as soon as possible after the swim and hand it to the promoter so that the appropriate signatures can be obtained. Claiming a record after the meet may not be possible if the paperwork is not completed at the time.
- 2) Please comply with the warm up arrangements and with any instructions given by the warm up marshals. DIVING is only permitted in the sprint lanes; YOU MAY BE ASKED TO LEAVE THE WATER IF YOU DIVE INTO ANY OTHER LANE DURING THE WARM UP.
- 3) **Finding the pool.** For directions to the venue search on Google for K2 Crawley. Parking is free.
- 4) Enquiries to [Geoff Stokes](#).
- 5) Health Measures - It is possible that we may need to adopt specific measures to comply with any government or leisure centre health restrictions or guidance. These will be notified to entrants before the meet. By entering you are recognising and accepting that such measures may be imposed later.

PERSONAL DECLARATION

By submitting my on-line entry, I certify that I am physically fit to participate in this event. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events and any other associated activities.

I also confirm that by entering that

- I am registered as a competitive swimmer and my registration number is as provided in the on-line entry form,
- I have read and understood the Conditions listed in this document and accept them,
- I am a member of the club for which I have entered,
- my date of birth and my entry times declared are correct,
- if I have entered the "Female" category my birth sex was female.

I hope that you will enjoy the competition and would welcome constructive comments to enable us to improve it in future years.

Geoff Stokes (Meet Promoter)

Entries close at 12 noon on Monday 5th January 2026

Swim England South East Region Masters Long Course Meet 2026 – Qualifying times – All times are long course

Female																
Age Group	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	35.74	1:20.12	2:56.43	6:03.82	12:34.50	43.50	1:34.20	3:18.23	48.35	1:40.21	3:41.53	40.25	1:35.09	3:36.66	3:11.77	7:04.98
25-29	36.12	1:22.15	2:57.35	6:06.73	12:37.49	44.70	1:35.98	3:19.91	49.24	1:41.39	3:44.53	41.14	1:36.79	3:40.77	3:14.39	7:10.26
30-34	36.42	1:23.18	2:58.36	6:08.77	12:43.80	45.55	1:37.50	3:21.69	49.98	1:42.65	3:48.57	41.73	1:38.46	3:45.29	3:16.62	7:15.50
35-39	36.86	1:24.22	3:00.23	6:12.23	12:55.36	46.23	1:38.84	3:24.37	51.03	1:44.16	3:54.43	42.17	1:40.44	3:49.16	3:19.96	7:23.37
40-44	37.52	1:25.61	3:03.42	6:18.42	13:13.72	47.00	1:40.51	3:28.72	52.22	1:45.90	4:02.34	42.70	1:42.87	3:54.60	3:24.39	7:35.12
45-49	38.50	1:27.67	3:08.43	6:28.63	13:40.44	48.10	1:42.82	3:35.47	53.76	1:49.92	4:12.51	43.58	1:47.47	4:02.88	3:31.69	7:51.99
50-54	39.90	1:30.74	3:15.74	6:44.16	14:17.07	49.79	1:46.10	3:45.39	56.55	1:55.68	4:27.05	45.07	1:53.84	4:15.27	3:42.43	8:17.59
55-59	43.83	1:37.76	3:30.83	7:21.46	15:41.42	53.86	1:55.00	4:08.51	1:02.88	2:08.20	4:54.28	49.94	2:02.92	4:35.75	4:13.80	9:14.41
60-64	48.37	1:47.71	3:53.59	8:06.68	17:18.81	59.00	2:06.27	4:38.42	1:10.26	2:25.02	5:24.42	55.93	2:15.09	5:02.88	4:49.20	10:23.23
65-69	53.61	1:59.65	4:20.11	9:01.09	19:10.78	1:05.48	2:20.42	5:13.74	1:18.07	2:43.84	5:57.70	1:03.28	2:31.00	5:37.95	5:29.21	11:42.16
70-74	59.65	2:13.91	4:50.87	10:06.00	21:18.90	1:13.52	2:37.94	5:55.21	1:26.26	3:03.81	6:34.33	1:12.27	2:51.31	6:22.23	6:14.41	13:12.45
75-79	1:06.57	2:30.82	5:26.35	11:22.70	23:44.73	1:23.39	2:59.35	6:43.59	1:34.79	3:24.90	7:14.54	1:23.13	3:16.69	7:16.98	7:05.39	14:55.33
80-84	1:14.48	2:50.70	6:07.04	12:52.48	26:29.81	1:35.33	3:25.16	7:39.63	1:43.64	3:47.10	7:58.54	1:36.13	3:47.78	8:23.49	8:02.73	16:52.06
85-89	1:23.47	3:13.88	6:53.42	14:36.64	29:35.72	1:49.58	3:55.88	8:44.07	1:52.75	4:10.39	8:46.56	1:51.52	4:25.25	9:43.02	9:07.02	19:03.87
90 & over	No Qualifying Times															

Open/Male																
Age Group	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	29.82	1:06.92	2:35.82	5:38.28	11:45.58	37.44	1:23.35	3:02.69	39.55	1:30.18	3:21.12	32.57	1:18.71	3:11.87	2:56.36	6:44.42
25-29	30.24	1:08.22	2:36.71	5:42.33	11:49.80	37.66	1:23.73	3:04.99	40.22	1:30.45	3:21.87	32.80	1:20.53	3:14.65	2:58.32	6:45.40
30-34	30.56	1:09.09	2:37.46	5:44.67	11:55.05	37.95	1:24.48	3:07.33	40.72	1:30.62	3:22.66	33.04	1:21.86	3:17.30	3:00.10	6:47.88
35-39	30.91	1:10.03	2:38.45	5:47.86	12:02.64	38.37	1:25.50	3:10.06	41.18	1:30.83	3:23.77	33.20	1:22.80	3:20.79	3:01.27	6:53.20
40-44	31.38	1:11.25	2:40.19	5:53.06	12:15.17	39.02	1:26.46	3:13.54	41.60	1:31.15	3:25.01	33.55	1:23.80	3:24.89	3:02.81	7:02.55
45-49	32.03	1:12.92	2:42.92	6:01.44	12:31.88	40.00	1:27.63	3:17.56	42.43	1:31.86	3:29.74	34.12	1:25.15	3:31.30	3:05.69	7:17.15
50-54	32.94	1:15.26	2:48.08	6:13.94	12:57.50	41.40	1:29.16	3:24.55	43.88	1:33.74	3:39.54	35.07	1:28.36	3:41.71	3:12.07	7:38.19
55-59	35.95	1:22.93	3:01.63	6:35.86	14:09.17	43.47	1:35.64	3:45.69	47.69	1:44.14	4:04.42	37.99	1:38.65	3:54.95	3:34.47	8:25.74
60-64	40.13	1:32.61	3:23.04	7:14.38	15:32.52	49.39	1:48.71	4:15.56	55.62	1:58.51	4:39.10	46.59	1:51.68	4:23.10	4:11.19	9:37.38
65-69	44.82	1:43.55	3:47.84	8:00.73	17:08.96	56.02	2:03.14	4:48.64	1:04.30	2:14.96	5:17.70	55.61	2:08.17	5:04.82	4:53.17	10:59.06
70-74	50.09	1:55.93	4:16.55	8:56.10	18:59.87	1:03.46	2:19.05	5:25.31	1:13.81	2:33.79	6:00.61	1:05.60	2:28.82	5:52.54	5:41.37	12:31.98
75-79	56.02	2:09.96	4:49.69	10:01.64	21:06.65	1:11.80	2:36.58	6:05.93	1:24.28	2:55.28	6:48.23	1:16.70	2:54.35	6:47.00	6:36.80	14:17.34
80-84	1:02.70	2:25.82	5:27.80	11:18.53	23:30.70	1:21.14	2:55.86	6:50.89	1:35.80	3:19.76	7:40.98	1:29.07	3:25.46	7:48.94	7:40.41	16:16.34
85-89	1:10.20	2:43.72	6:11.39	12:47.92	26:13.40	1:31.58	3:17.01	7:40.55	1:48.49	3:47.50	8:39.24	1:42.85	4:02.88	8:59.09	8:53.19	18:30.18
90 & over	No Qualifying Times															

Entries close at 12 noon on Monday 5th January 2026